

natural times

July/August/September 2011 • Volume 22/Number 3



NEW LEAF

COOPERATIVELY OWNED

m a r k e t

FLAVORFUL FOOD FOR OUTDOOR DINING

LOCAL SPOTLIGHT: McCLELLAN FARMS

PASS IT ON

eat healthy buy local build community

OUR MISSION...

New Leaf Market is committed to building a vibrant and healthy local community by providing natural and organic foods and products. As a cooperative, we emphasize socially and environmentally-responsible practices, and provide education and information about our products and the cooperative principles upon which we are based.

table of contents

- 3 General Manager's Report
- 4 President's Report
- 5 What Makes New Leaf Market (Co-ops) Different?
- 6 Surviving Summer with Chinese Medicine
- 8 Local Spotlight: McClellan Organics
- 10 Flavorful Food for Outdoor Dining
- 12 My Co-op Rocks!
- 13 Will We Learn?
- 14 Animalz on Parade
- 15 Seminar Calendar
- 16 Cook's Corner
- 20 Farm Tour 2011
- 21 Pass It On
- 22 Access for Aging Shoppers
- 23 Owner Deals Business Partners



NATURAL TIMES

Published four times a year to educate the community about our cooperative and the resources we offer. Articles are designed to inform readers about specific products, diets, activities and events—to augment readers' knowledge—and should not be considered a source of medical advice. The views of

our contributing writers do not necessarily reflect the views of New Leaf Market. Letters to the editor, comments, questions and suggestions are welcome.

THANKS TO OUR WRITERS!
Natural Times is always looking for writers and suggestions for possible articles. Send an e-mail to: cristin@newleafmarket.coop.

CIRCULATION: 3,700
DESIGN: Diane Bass
EDITOR: Cristin Burns
PROOF READER: Maria Balingit

PRODUCTION: New Leaf Market, Inc.

NEW LEAF MARKET

The Parkway District, 1235 Apalachee Parkway • Tallahassee, FL 32301
(850) 942-2557 • www.newleafmarket.coop

GENERAL MANAGERS' REPORT

By Larrane Hartridge, General Manager

Thirty-seven years ago a group of like-minded folks got together and opened the Leon County Food Co-op. Their reasons then are the same as now: to supply our community with food and products that were healthy and safe for consumers



and our land. Co-ops fight to make organic and all-natural food available to all has been won. Organic food, although not as prevalent as conventional, has officially gone mainstream.

Co-ops around the country are seeing customers flocking to the big box stores like Costco, Sam's Club, Wal-Mart and their local supermarkets for their organic purchases. And New Leaf Market is no exception. But there is a big difference between shopping at box stores and the Co-op.

The most striking difference is that New Leaf Market is locally owned by thousands of local residents. For every \$100 you spend at the Co-op, \$68 stays in our local economy. Sustaining our local economy is always important, but it is more critical now during this economic slump. Likewise, by supporting New Leaf Market you are in turn helping our local farmers and our local service providers—\$3.7 million was spent with local providers last year.

Another key difference is the cooperative business model. Many people frequently equate the word "cooperative" with a hippie sensibility and the 70s. But the cooperative business model is more pertinent now than it has ever been. As a cooperative we are led by a Board of Directors who are elected by our owners, YOU. Our mission is to serve our owners, educate about organic food, and to give back to our community. It is not solely to make money for our owners.

Granted we love it when we can return profit in the form of patronage rebates, but the Board's and management's decisions are based on what is best for the owners, not what is best for the bottom line. If this had been the mentality of the banking industry several years ago, where would we be now? Where else can you shop and know that your money is both staying in the local economy and is supporting a democratic and equitable business model?

But we aren't just asking for your support, we also appreciate you! Mark your calendars for our Owner Appreciation Extravaganza on Saturday and Sunday, August 27 and 28. Owners, join in the fun, register to win prizes, sample lots of food and stock up on great sales—owners receive 10 percent off all weekend long!

Look for these NEW items:

- Annie's Granola Bars
- Blue Bonnet Animalz Line
- Boldbean Coffee
- Fruit on the salad bar
- Full Earth Pet Food
- Grassroots Coffee
- Goat First Network Goat Milk Ice Cream
- Honey Pax
- Lucky Goat Coffee
- Nutra Source Dog Food
- Pure Vita Dog Food
- Rudi's Bagels
- Sea Breeze Winery
- Sea Buckthorn Supplements

Don't see something you're looking for?
Ask us about placing a special order!

PRESIDENT'S REPORT

By Joshua Youngblood, Board President

Each summer brings changes to Tallahassee: the city heats up and we eat through our blueberries, then melons wherever we can find a cool spot; the high schools send new graduates out into the world; FSU, FAMU, and TCC restart their academic calendars; the legislators leave session to face their constituents again; and for many organizations and businesses like New Leaf Market, a new fiscal year begins. Change happens in little and big ways, and New Leaf Market strives to anticipate how best to keep the Co-op strong while fulfilling the expectations—and achieving the ideals—of the owners.



As the national and local economies continue to slowly rebound, the Co-op is not growing as fast

as it has in past years. Even so, New Leaf Market is able to meet the needs of its owners and the Tallahassee community as well as it ever has. Through committee work and careful monitoring of the Co-op's performance, as well as long-term planning, the Board is working to keep the Co-op both secure and prepared for what comes next. This year will bring significant changes on the Board of the Co-op, as four seats are up for re-election, including one that is currently vacant. Now is an excellent opportunity for owners to become more involved with the Co-op and help shape its future by serving on the Board of Directors.

Remaining responsive and adaptive is how the Co-op will remain a vital part of the community going into the future. Whatever changes happen to Tallahassee, whatever economic fortunes or woes come its way, we as co-op owners know that our community is better because of New Leaf Market. And that will never change.



Please recycle this newsletter!

In accordance with New Leaf Market's continuing effort to reduce waste, *Natural Times* is available electronically. Sign up for e-newsletters on our homepage, www.newleafmarket.coop.

WHAT MAKES NEW LEAF MARKET (CO-OPS) DIFFERENT?

By Hugh Boyter, Board Director

I often hark back to 1979 and the motto on the front of our original store, Leon County Food Co-op, “Food for People...not for Profit.” In today’s world that motto may sound a little idealistic to some, but I submit that it still has relevance to New Leaf Market as well as the co-op movement in general. We still strongly adhere to the cooperative principles of self-help and self-responsibility, as well as customer service based upon joint ownership. Adherence to these principles and concepts is why co-op owners trust their store—because it is democratically owned, managed and operated. If we can’t trust ourselves, then whom can we trust?

As much as we may love the idea of being collective owners of the establishment where we shop for our food and health products, we find there are costs and responsibilities involved in reaping the many benefits. Dave Gutknecht, in a January 2011 article in *Cooperative Grocer* magazine points out that, “Along with access to capital (from members or in the form of credit), cooperative food and farming efforts are strongly shaped by public policy—and all public policy now faces a Capitol crawl. Policy support for cooperative solutions is limited, but in a challenging economic environment that support is growing.” He points out that Congress has tossed a few million dollars to advocates of organic farming and consumer co-ops, but this funding pales in comparison to the trillions of public dollars used to bail out banks and wealthy investors when they operate outside the realms of good business practice.

So, where do we co-op folks turn for help during tough times? To ourselves! In the immediate and long-term futures, food co-ops, local food system development and farmland preservation efforts will be the pioneering models. So we are doing it right, and a lot of the big business enterprises know it, and are trying to emulate (or steal) our models. Competition for our business model was not much of an issue in the past, but that’s no longer true. We need to sharpen our skills and get a firm grasp on this democratic way of doing

business, perfect it, and be prepared to out-compete those that would try to make off with our markets. So, how do we do that?

1. Recognize who we are, how we operate, and then commit it to our collective consciousness.

As I have said, service based on ownership is why people trust their co-ops. Co-ops put service before return on investment. They offer democratic control for owners and users of the co-op, something that limits the increased concentration of wealth. Learning about and teaching these concepts and characteristics is essential to achieving success with our cooperative way of doing business.

2. Develop leadership within our ranks to perpetuate the co-op business model.

In order to be successful in tough economic times, we must know who we are and have strong leadership. This means strong, co-op-savvy managers, employees, boards of directors, and especially owners! Soon we will be entering another election season for New Leaf Market. That means we will be looking for owner-leaders who believe in our principles, and who are willing to give their time and effort to study up on everything we do to run our co-op as one of the best and strongest in the Nation (and we are that!). In order for us to survive and thrive, we need leaders who are willing to bring the ownership along on the ride....folks who can be mentors for the rest of our ownership.

So, if you are asked to run as a candidate, give the request strong consideration. Willingness to serve the ownership in this way is one of the biggest things that distinguishes us from the corporate way of doing business. In a world where Earth Fare, Whole Foods and even Wal-Mart are marketing goods that were once marketed by only a few of us, New Leaf Market must continue to work at being the best it can be....and that will require strong leadership.

SURVIVING SUMMER WITH CHINESE MEDICINE

By Kendra Lay

Are you a person who is greatly impacted by the weather and the seasons? Do you start to wilt when the temperatures rise in Tallahassee? According to Chinese medicine, the weather has more influence on your health than you may think. The ancient Chinese lived and worked exposed to the elements, and they observed how weather affects the human body. In today's modern society it is easy to become disconnected with the rhythm of the seasons.

According to Chinese medicine, there are pathogens in nature that can invade the body and cause disharmony or disease, similar to how we might think a virus invades. In the hot summer months, most people are susceptible to what we would call a heat invasion. Some symptoms of a heat invasion might be irritability, delirium, dizziness, flushed face or rosacea, extreme thirst and dry mouth, constipation, hemorrhoids, and heat rash.

Some of these conditions, like thirst or mild constipation, might be easily cured with diet and lifestyle changes. For instance, staying indoors at the hottest times of day, drinking plenty of water and avoiding over exercising would all be helpful to keep heat at bay in the summertime. Chinese medicine also considers certain foods to be cooling and others to be heat forming. Avoiding spicy foods like hot peppers and garlic is a good idea. Lamb and chicken are also considered to be warming foods and should be limited in the summer. However, pork is considered to be a cooling food, as are mung beans, egg, crab and watermelon. In general, you should eat lighter foods like fruits and vegetables, which contain a lot of moisture. Eat them lightly sautéed or steamed, or if you have strong digestion you can also eat them raw. Avoid very greasy and heavy foods during the summer months, as these can weigh you down and allow heat to accumulate.





According to Chinese medicine, some conditions might be influenced by heat even if it isn't hot outside. For instance, infections in Chinese medicine usually have heat at their root. Other conditions, like anxiety, rheumatoid arthritis or acne will often find relief by clearing and cooling heat from the body. A licensed acupuncturist can perform a full evaluation and prescribe acupuncture points and herbal formulations to fit your specific condition—bringing back balance to the body—and helping you keep your cool!

Kendra Lay grew up in Tallahassee. She is currently completing a master's degree in Acupuncture and Chinese Medicine at AOMA: Graduate School of Integrative Medicine in Austin, Texas. In addition, Kendra is also completing a program in Applied Clinical Nutrition from the Texas Chiropractic College. She is the recipient of the 2010 New Leaf Market-Matthew Tansey Memorial Scholarship for health, healing and nutrition.



find us on facebook!



follow us on Twitter!

McClellan Organics

From the Farm to Your Table

By Gretchen Hein

I once asked a friend of mine who loves fishing what his favorite fish was and he replied, “The one I just caught.” I can say the same for vegetables—my favorite is the one I just picked, fresh from my garden. And if I can’t pick it from my garden, next in line would be the one that just came from the local grower. The farmers at McClellan love to see how quickly they can move produce from their fields to you, the consumer. Bryan explained to me that most organic produce found in stores has been “off the vine” for three or four days, minimum. But at McClellan, their commitment is to move it from the field to their suppliers within the day, hours, if possible, and most often they’re able to meet their goal.

McClellan Organics is located outside Cairo, Georgia. They started out small and grew fast, really fast, beyond their wildest dreams. For a



while they wondered if they’d taken on more than they could keep up with; the pace and the demand grew exponentially. Farming is not for the faint of heart and organic farming is even more demanding. Every day brings some new adventure, or two. If it’s not the weather, which is never predictable and will always keep any farmer guessing and on their toes, there are



lots of other factors to consider. There are pests to keep out of the field and off the produce, equipment to maintain, the details of harvesting, cleaning, cooling and transporting a variety of produce, each with its own special needs, and then there's tending to the business side of farming—marketing and selling; ordering, planning and preparing for the next season's activities.

This spring, 60 acres were planted in a variety of squash—both summer and winter, all kinds of peppers and tomatoes, green beans, cucumbers, and eggplant. This fall they'll scale back a bit, let some of the land go fallow and plant 45 acres of peas (snow peas, sugar snaps and English), cabbage, assorted greens, broccoli and various other winter vegetables. They're busy day and night at McClellan and that's what they like.



Be sure to spend some time investigating their locally grown produce next time you're in the store. Pick it up, smell it, feel its fullness—it's the next best thing to homegrown. We're fortunate to have such committed producers in our neighborhood, thank you McClellan Organics!



FLAVORFUL FOOD FOR OUTDOOR DINING!

Courtesy of National Cooperative Grocers Association News Service

Adapted by Cristin Burns, Marketing & Project Manager



What's on your summer barbecue menu? Whether you're planning a backyard grill out with the family, an intimate picnic at the park, or a big bash with friends, put a little extra fireworks in your celebration this year by enlivening some of your traditional favorites! All it takes is a tweak here and there to transform the ordinary into the extraordinary. Here are just some possibilities:

Burgers

- Season burger meat with a natural, dry salad dressing mix (such as Ranch or Caesar) before forming into patties. Grill and serve on sourdough bread, topped with aioli, sautéed onions, avocado slices, and Muenster cheese.
- Serve Reubenburgers, with Emmenthaler cheese, sauerkraut, and Thousand Island dressing on marble rye bread.
- Substitute grilled portabella mushrooms, salmon fillets, veggie burgers, or turkey burgers for beef burgers. Top with blue cheese, thick slabs of tomato, and drizzle with balsamic vinegar and olive oil.

Hot Dogs

- Spread warm cream cheese on buns for hot dogs—or sausages or tofu dogs—and top with

plenty of sautéed sweet onions.

- Top hot dogs with crispy bacon and blue cheese dressing or sundried tomatoes and Dijon mustard.
- Place sliced Monterey Jack cheese on flour tortillas. Wrap around cooked hot dogs. Serve with spicy mustard or taco sauce.

Corn on the Cob

- Pull back the husks on corncobs, leaving the bottoms intact. Remove the silk, then soak the corn in water for about half an hour. Season the corn cobs (here's the fun part): wrap the cobs with bacon strips; or slather with chipotle sauce, sour cream, or horseradish; or drizzle with maple syrup or balsamic vinegar and olive oil; or rub with a combo of softened butter and Parmesan cheese. Tie the husks over the seasoned corn and grill.
- Serve corn on the cob with an array of condiments, such as pesto, Mexican Seasoning and lime juice, and herbal butters (simply combine softened butter with your favorite herbs and spices, like oregano, basil, thyme, and marjoram).
- Combine husked, halved corncobs with halved red potatoes in a bowl. Toss with olive oil

and garlic powder. Roast or grill until nicely browned. Combine with chopped red pepper, sliced red onions, coarse black pepper, and sea salt. Drizzle with an Italian vinaigrette dressing.

Side Salads

- Jazz up your coleslaw—made with shredded green and red cabbages, grated carrots and chopped jicama—with a tamari dressing (combine tamari or soy sauce with sesame oil and vinegar). Toss in some roasted cherry tomatoes, green onions, and lightly salted peanuts.
- Serve warm new potato salad with a vinaigrette and plenty of fresh dill and black pepper. Or make it a sweet potato salad with a ginger and orange dressing and top with golden raisins and toasted pecans. (To make dressing, combine orange juice with minced fresh ginger, wine vinegar, olive oil and honey.)
- Transform your favorite baked bean recipe by including new beans—black beans, adzuki, even limas. Add some grains for a tasty addition—like quinoa or barley—or even some tiny, cooked pasta. Top with a dollop of sour cream mixed with molasses, or a spoonful of cranberry sauce, pineapple chunks, or apricot chutney.
- Elbows and shells are great, but pasta salad can also feature bow tie pasta, orzo, soba noodles, ramen, etc. For a quick and stunning side, toss spiral pasta with sautéed leeks, grilled chicken cubes, grape tomatoes, fresh mozzarella, and pesto. Sprinkle with roasted cashews.

Deviled Eggs

- Combine mashed yolks with Parmesan cheese, garlic pepper, basil, mayonnaise, and a dash of lemon juice. Fill egg halves as usual, and then sprinkle with cayenne in place of the usual paprika. Other fun additions to the mashed yolks: cooked and chopped shrimp, mashed avocados, chopped green olives, sundried tomatoes, cottage cheese, cream cheese, capers, Dijon mustard, horseradish, jalapeno peppers, salsa, and spices like curry powder and cilantro. By the way, it's fun to

pipe the filling into the eggs with a pastry bag and decorating tip -- it's easy to do and looks fancy! (Don't have a pastry bag? Just use a plastic baggie and snip off the tip for a quick DIY version.)

Seasonal Fruit

- Watermelon is a great stand-alone summer staple, but it also makes a great salad. Combine cubed watermelon with some kalamata olives, slivered red onion, lime juice and chopped mint.
- Make red, white and blue fruit kebabs with strawberries, blueberries, and marshmallows. (Look for natural marshmallows at your co-op.) Drizzle with fruit juice and sprinkle with fresh mint.
- Use fresh cherries to make a compote to serve alongside main dishes, like burgers or steaks. Place pitted cherries in a pot with a little water sweetened with sugar or honey and seasoned with fresh herbs, like rosemary or lemon thyme. Cook until thick.
- Combine whatever fruit is most readily available in your area (such as strawberries, blueberries, raspberries, melons, peaches, nectarines, grapes, and cherries) with a blend of equal parts yogurt and cream cheese, a little maple syrup or honey to taste, and a touch of vanilla extract. Garnish with fresh mint.

All the Rest

To fill in any gaps in the menu, head to your Co-op. You can customize your beverage selection by choosing single serving beverages like all-natural soda, tea, juice or beer. Deli salads make excellent additions to any dinner and recycled napkins and earth-friendly plates are the final touches.

Inspired? No doubt you'll think of many new twists to try on old favorites, once you get started. For additional recipes, visit www.newleafmarket.coop/recipes. Happily, there's still plenty of picnic weather ahead!

MY CO-OP ROCKS!

By Diane Bass, Graphic Designer & Marketing Assistant

The My Co-op Rocks Contest is back and better than ever! Starting September 1 through October 31, enter your original video or photo online featuring your own local color and tell everyone why your co-op rocks. Get in on the action at www.MyCoopRocks.coop, where you can check out everyone's submissions, leave comments and ratings, and enter your own creation for a chance to win super sweet prizes. Look for details at www.MyCoopRocks.coop soon!

There's no limit to the ways you can rock out your video. Unleash your sense of humor, show off your guitar god skills, or take on a full-scale co-op action adventure—just go wherever your imagination takes you in two minutes or less. Be ready to share your masterpiece with the world starting Sept 1, because the sooner you enter, the more votes you can receive!

New to the world of video making, but still want to participate? Just follow our four-week schedule to cover your bases.

Week One: Brainstorm

- Storyboard or outline your 2-minute script/song (making notes on a napkin counts!).
- Think of filming locations; ask permission to film in businesses or private properties.
- Line up your talent (actors, editors, etc.).
- Optional: If the wheels are churning, go ahead and start drafting a script or song.

Week Two: Gather resources

- Beg, borrow, or dig out your video camera. Smart phones with video capabilities work just fine.
- Think lighting. Some floor lamps from home



will brighten up dim spaces.

- Check any equipment that you'll be using, buy accessories if you'd like.
- Gather costumes and props.
- Finalize script/song.

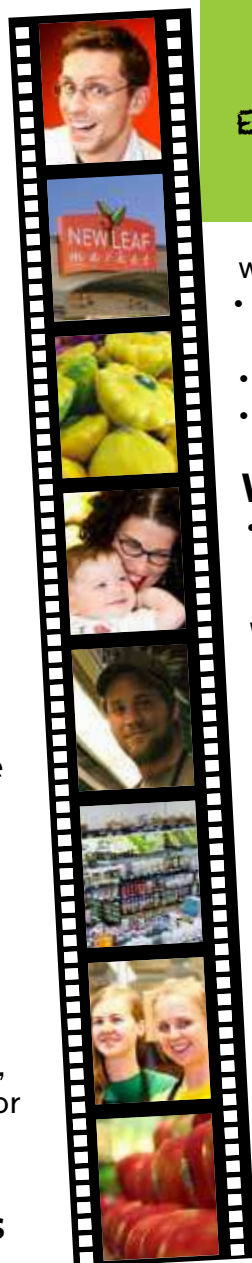
Week Three: Production

- Lights! Camera! Action! It's time to get something on film.

Week Four: Post-production

- Edit video. There are many programs available for video editing, both Microsoft® and Apple® offer free programs available online.
- Edit sound. Add music and narration at this point, re-recording sound for any hard to hear portions.

Of course, there are a million ways to put together a video. But hopefully this will inspire you and take some of the pressure off of video making. Join us on Facebook and watch for our eNews for reminders to keep you on schedule, and tips to help you along your way. And stay tuned and check back often at www.MyCoopRocks.coop for contest details and updates.



WILL WE LEARN?

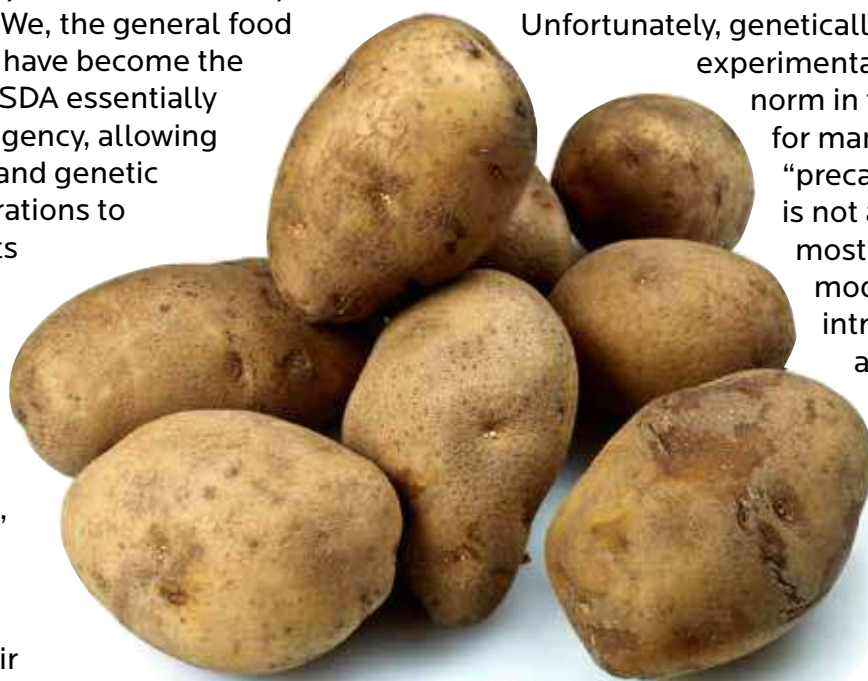
By Paul Rutkovsky

We can still get some comfort knowing that food labeled USDA Organic cannot be genetically modified. In the last article you learned that the USDA gave the green light to genetically altered alfalfa and sugar beets. However, most people don't know that products containing genetically modified (GM) sugar aren't labeled, neither are all the foods with ingredients made from GM corn, soy, cotton and canola, and milk produced with the use of genetically engineered bovine growth hormone (rBGH). That's a growing list getting longer every month without any laboratory testing. We, the general food consuming public, have become the experiment. The USDA essentially is a rogue federal agency, allowing industrial farming and genetic engineering corporations to invent new products for the unknowing consumer.

Maybe we can learn by example from a group in Wetteren, Belgium, who are not going to let genetic plant experimentation continue in open-air crop fields. On May 29, 2011, the Belgian Field Liberation Movement (FLM), an informal collective consisting of farmers, scientists, consumers, environmental activists, and protesters climbed over a high fence and pulled up GM potato plants—40 people were arrested. The non-violent direct action had been announced in advance with the FLM saying they planned to remove the GM potatoes and replant the field with non-GM, blight-resistant potatoes in a peaceful and public manner.

Ten years of engineering and research money went into developing the so-called 'DURPH-potato,' which is designed to be resistant to

Phytophthora, a potato disease. Most consumers do not want to eat GM food, but this GM potato is intended for human consumption. Without applying the precautionary principle, field tests in the open-air now take place in Wetteren, although risks for people and the environment are unknown and unpredictable. Opponents claim we don't need GM crops, "what we need is sustainable agriculture that contributes to food sovereignty and safety, to biodiversity and a stable climate."



Unfortunately, genetically modified plant experimentation has been the norm in the United States for many years. The "precautionary principle" is not applied, and most new genetically modified plants are introduced into open-air fields where other neighboring organic or conventional crops can be contaminated. If the new GMO passes the taste test and no one becomes ill immediately, the product is fast tracked into production and ready for consumer consumption. This is NOT a highly regulated industry.

All information for this article came from the following sources.

Alliance for Bio-Integrity
www.biointegrity.org

Organic Consumers Association
<http://www.organicconsumers.org>

ANIMALZ ON PARADE

By Marrian McQueen, Wellness Manager

If you are looking for a good line of supplements that will take your child from preschool to their teen years, you may want to check out Bluebonnet's latest addition to their line of supplements. These new children's supplements are called Super Earth Rainforest Animalz.

Bluebonnet is a company that most consumers in the natural foods industry are already familiar with. But if you aren't already in the know, (as my children used to say) it is a company worth getting acquainted with. The Bluebonnet Corporation was founded almost two decades ago with the mission to offer the cleanest, purest, and most nutritional supplements and to sell exclusively to natural foods retailers. Located in Sugarland, Texas, Bluebonnet has carefully sowed seeds of success by their unwavering pledge to what they call the five powers of Bluebonnet nutrition: Nature, Science, Quality, Truth, and Knowledge. These are all areas that most natural foods shoppers value. Even though my children are out of their preschool and teen years, I was really excited when I was introduced to this new line of children's supplements.

Now let's take a walk on the wild side of nutrition into the pristine rainforest. There the animals thrive on hearty whole foods like fish, fresh

fruits, nuts, berries and leafy greens. If our children grew up in the rainforest, they too would get the nutrients they need from those same sources—nutrients that are often missing from today's diets of processed foods and refined sugars. Bluebonnet's Super Earth Rainforest Animalz whole food based supplements are made as nature intended. These kosher certified chewables provide important vitamins, minerals, and omega 3 fatty acids, plus powerful super fruits and vegetables. There's

no gluten, dairy fillers, or artificial colors/sweeteners. The natural flavors are so yummy kids will never know that Animalz are sweetened with Earth Sweet, a nourishing blend of natural cane crystals and fruit juice concentrates from berries, prunes, cherries, bilberries as well as grape seed and raspberry extracts. The line has a whole food based chewable-multivitamin, vitamin c, vitamin D3, DHA, and calcium with magnesium, all for proper growth and

development of our most precious assets—our children, tomorrow's future New Leaf Market owners, and the world's future leaders. So stop by your local co-op and check out our selection of children's supplements.

If you would like to know more about Bluebonnet and their products, ask any of our Wellness staff or log on to their website at www.bluebonnetnutrition.com.



Seminars

www.newleafmarket.coop/events

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Don't miss the Candidate Forums in July! Wednesday, July 13 • 6:30–8:00 pm Wednesday, July 27 • 6:30–8:00 pm ^Located at Ladybird Organic Farm, 1211 Waukeenah Hwy, Monticello, FL °Located in NLM meeting room, please ask for assistance.</p>						
4	5	6 Law of Attraction & Relationships	7 Green Momma	8 Intro to Bach Flower Remedies	9 Wine Tasting 5:30-7:00 pm	10 Fall Gardening 9:30-10:45 am Beer Tasting 4:30-6:00 pm
11	12 The Art of Breathing 7:45-8:45 pm	13 Wheat/ Gluten Free in the Bread Maker	14 Election Forum° 6:30-8:00 pm Using the Tarot in Jungian Process 7:45-9:15 pm	15 Mental Health & Mindfulness 7:45-8:45 pm	16 Wine Tasting 5:30-7:00 pm	17 Beer Tasting 4:30-6:00 pm
18 Ladybird Organics Fall Harvest Celebration^ 2:00-5:00 pm	19	20 Make Your Own Sushi* 7:45-8:45 pm	21 Cosmology & Physics	22 Eat Healthy, Live Longer	23 Wine Tasting 5:30-7:00 pm	24 Beer Tasting 4:30-6:00 pm
25	26 Vegetables from the Sea	27	28 Election Forum° 6:30-8:00 pm Theology, Mythology & Religion	29 Herbal Relief for Back Pain	30	

Pick up a flyer in
store, or visit us at
newleafmarket.coop
for complete seminar
descriptions.

Notes:



All Seminars are held at New Leaf Market, from 7:45-9:00 pm, unless otherwise noted.
 *Seminar requires pre-registration and fee.

COOK'S CORNER

Compiled by Jean Crozier, Outreach Coordinator



Peppery Monterey Jack Pasta Salad

Serves 4

6 ounces uncooked *acini di pepe* pasta (about 1 cup)
2 1/4 cups diced plum tomato (about 14 ounces)
1/3 cup capers, rinsed and drained
1/4 cup finely chopped red onion
1/4 cup sliced pickled banana peppers
1/4 cup chopped fresh parsley
2 T cider vinegar
1 T extra-virgin olive oil
1/2 tsp dried oregano
1/8 tsp salt
2 ounces Monterey Jack cheese, cut into 1/4-inch cubes
1 (16-ounce) can navy beans, rinsed and drained
1 ounce salami, chopped
1 garlic clove, minced

Cook pasta according to package directions, omitting salt and fat. Drain.

Combine tomato and remaining ingredients in a large bowl. Add pasta to tomato mixture, tossing well to combine. Refrigerate and allow flavors to blend.
From: www.myrecipes.com

Cantaloupe & Avocado Salad with Honey Lime Dressing

Serves 4

3 T fresh lime juice
4 tsp honey
1 T plus 2 teaspoons olive oil
1/2 tsp coarse salt
1 cantaloupe (3 pounds), quartered and seeded
1 avocado, halved, pitted, and peeled
1 cup grape tomatoes, halved

In a large bowl, whisk together lime juice, honey, oil, and salt; set aside.

Cut each cantaloupe quarter in half lengthwise. Run a knife between the flesh and the skin of the melon; discard skin.

Slice each wedge lengthwise into 1/2-inch pieces.

Cut each avocado half again lengthwise and then into 1/2-inch-thick slices. Add



cantaloupe, avocado, and grape tomatoes to bowl with dressing and toss to coat. Divide among 4 plates.

From www.wholeliving.com

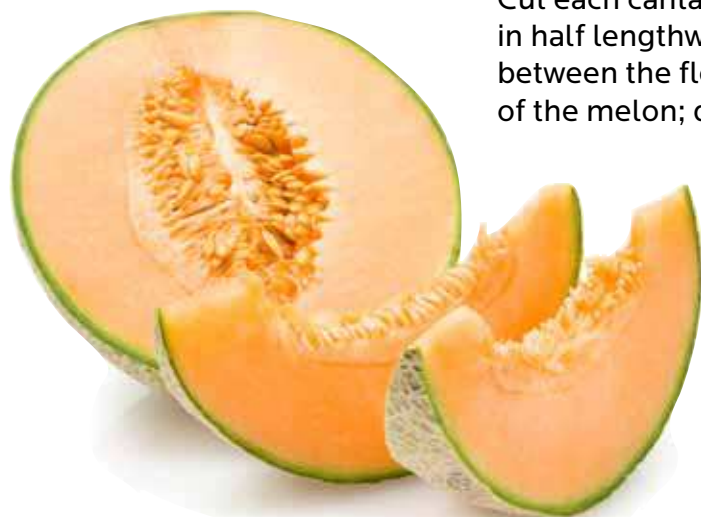
Summer Squash

Serves 6

2 T oil of choice
1 small onion, sliced
2 medium tomatoes, coarsely chopped
1 tsp salt
1/4 tsp pepper
2 small zucchini, cut into 1/2 inch slices
2 small yellow squash, cut into 1/2 inch slices
1 bay leaf
1/2 tsp dried basil

Heat the oil in a large skillet over medium heat. Cook and stir the onion about 5 minutes, until tender. Mix in the tomatoes, and season with salt and pepper. Continue to cook and stir about 5 minutes. Mix in the zucchini, yellow squash, bay leaf, and basil. Cover, reduce heat to low, and simmer 20 minutes, stirring occasionally. Remove bay leaf before serving.

From: www.allrecipes.com



Grilled Okra

Serves 4

1 pound fresh okra
1/4 cup melted butter
1/4 Cajun seasoning

Preheat an outdoor grill for high heat, and lightly oil the grate. Roll the okra in the melted butter and then in the Cajun seasoning. Grill the okra until charred, about 2 minutes per side.

From: www.allrecipes.com

Eggplant Sandwich

Serves 2

1 small eggplant, halved and sliced
1 T olive oil, or as needed
1/4 cup mayonnaise
2 cloves garlic, minced
2 (6-inch) French sandwich rolls
1 small tomato, sliced
1/2 cup crumbled feta cheese
1/4 cup chopped fresh basil leaves

Preheat your oven's broiler. Brush eggplant slices with olive oil, and place them on a baking sheet or broiling pan. Place the pan about 6 inches from the heat source. Cook under broiler for 10 minutes, or until tender and toasted.

Split the French rolls lengthwise, and toast. In a cup or small bowl, stir together the mayonnaise and garlic. Spread this mixture on the

toasted bread. Fill the rolls with eggplant slices, tomato, feta cheese and basil leaves.

From: www.allrecipes.com

Fresh Corn Chowder

Serves 10

1/2 pound bacon, chopped
1 cup chopped mild yellow onion
4 ribs celery, chopped
1/2 cup flour
2 quarts chicken stock
4 small potatoes
2 tsp freshly cracked white pepper
1 tsp dried thyme
2 bay leaves
1/2 tsp dried marjoram
3 T chopped parsley
2 cloves garlic, minced
6 small ears sweet corn, cut off the cob (3 cups kernels)
2 cups light cream
Salt and pepper to taste

In a large pot, heat the bacon and sauté until crisp. Remove the bacon and reserve to use as a garnish for the soup. Add the onions and celery to the bacon fat and sauté until soft, being careful not to brown. Sprinkle the vegetables with the flour and continue to cook over low heat, stirring

frequently, for about 10 minutes. Be careful not to brown.

Add the chicken stock and bring to a boil, stirring frequently. Meanwhile, peel and dice the potatoes. Reduce the heat to medium and add the potatoes and herbs to the simmering soup. Add the corn and simmer until the potatoes are tender, about 12 minutes. Add the cream, return to a simmer, and season with salt and pepper. Remove the bay leaves before serving. Garnish with the reserved crisp bacon.

From: www.cooks.com

Watermelon and Cantaloupe Kanten

Serves 6-8

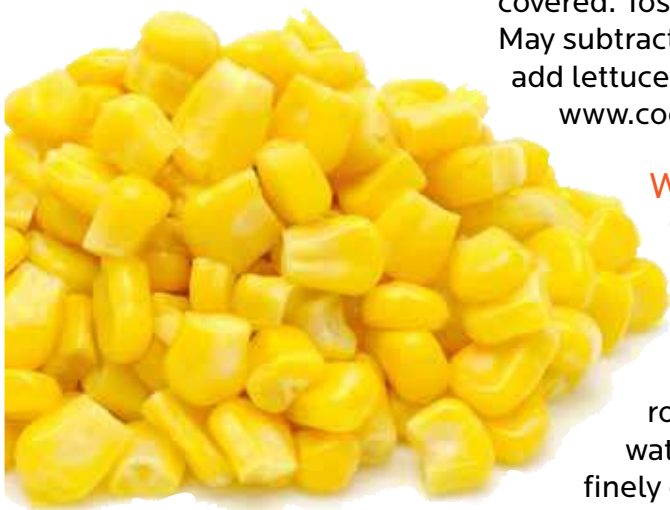
1 cantaloupe (about 3 pounds), halved and seeded
1 wedge seedless watermelon (about 2 pounds)
3 cups apple cider or apple juice
1 cup water
1/3 cup kanten flakes (agar-agar, all-natural vegetable "gelatin")
1/4 cup honey

Scoop out cantaloupe and watermelon with a melon baller (yields about 8 cups total) and put in a 9-by-5-inch (8 cup) loaf pan; set aside.

In a medium saucepan, bring cider, water, and kanten to a boil. Reduce heat and simmer until the kanten is dissolved, about 5 minutes. Turn off heat and stir in honey until dissolved, cool to room temperature. Pour cooled liquid over the melon and set aside at room temperature until set, about 3 hours.



Invert the kanten onto a platter. Slice into individual portions and serve. Store leftovers in the refrigerator for up to two days. From: www.wholeliving.com



Fresh Corn Salad

Serves 8

2 pounds tomatoes, peeled
Salt, pepper to taste
2 Tbs wine vinegar
5 medium green peppers, chopped fine
2 small onions, chopped fine
4 ribs of celery, chopped fine
2 cups cornbread crumbs
3 cups fresh corn, cut from cob
Buttermilk-herb dressing (or your choice)
1/3 cup chopped fresh parsley
6 slices crumbled crisp cooked bacon

Chop tomatoes and drain if very juicy. Sprinkle with salt, pepper, and 2 tablespoons wine vinegar. Mix peppers, onion, and celery. Sprinkle bottom of 2 1/2 quart clear bowl with even layer of about 1/2 of cornbread crumbs. Top with 1/3 onion-pepper-celery mixture, 1/3 tomatoes, and 1/3 fresh corn.

Drizzle about 1/4 of dressing. Repeat layers, ending with layer of crumbs. Top with bacon and parsley. Drizzle with remaining dressing. Refrigerate 2-3 hours, covered. Toss before serving. May subtract 1/2 of peppers and add lettuce to layers. www.cooks.com

Watermelon Gazpacho

Makes 1 1/2 quarts

5 cups peeled, seeded, and roughly chopped watermelon, plus 1 cup finely chopped
1/2 cup cranberry juice
1 cup peeled, seeded, and diced cucumber
1 cup diced celery (about 2 stalks)
3/4 cup diced red bell pepper (about 1 pepper)
1/4 cup diced red onion
1/4 cup fresh mint leaves, minced
1/4 cup fresh parsley, minced
Juice of 1 lime (about 3 tablespoons)
1 1/2 T sherry vinegar
1 T jalapeño pepper, minced

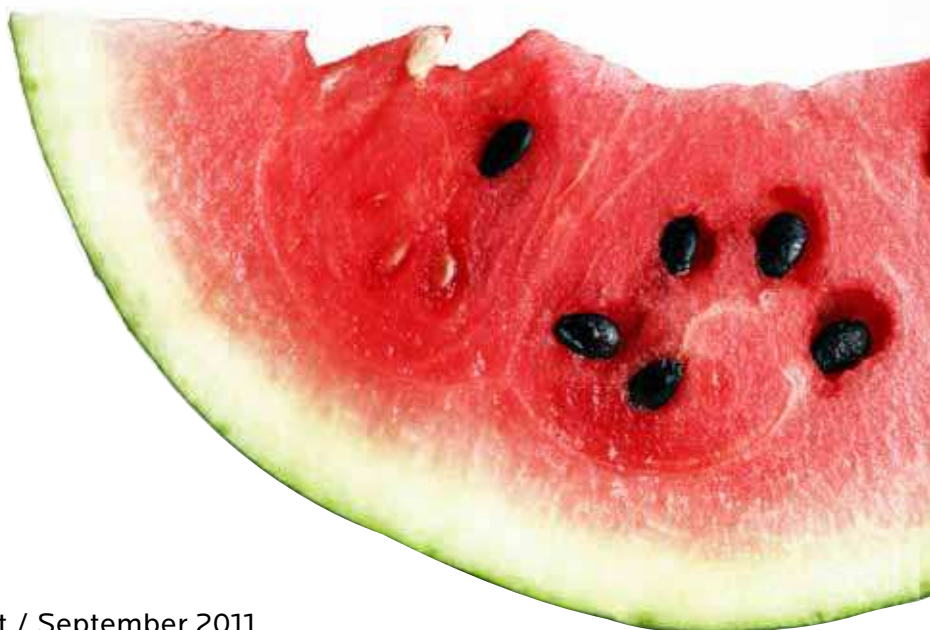
Combine 5 cups watermelon and the cranberry juice in the jar of a blender, and puree until mixture is smooth. Pass through a fine sieve into a large bowl or plastic storage container, discarding pulp. You should have 3 cups strained liquid.

Add cucumber, celery, bell pepper, onion, herbs, lime juice, vinegar, jalapeño, and remaining cup chopped melon to watermelon liquid, and stir to combine. Cover with plastic wrap, and place in refrigerator until soup is well chilled, at least 1 hour. Serve, or store in refrigerator up to 1 day. From: www.wholeliving.com

Ginger Shrimp with Charred Tomato Relish

Serves 4

2 garlic cloves, minced
1 1/2 T grated peeled ginger (2-inch piece)
3 T vegetable oil, plus more for grill
20 extra-large shrimp (about 1 pound), peeled, deveined, tails left on
4 ripe plum tomatoes, halved lengthwise



green tomatoes, halved
lengthwise
Coarse salt and freshly ground
black pepper
2 T fresh lime juice (1 lime)
1 T minced fresh jalapeño
pepper (with seeds)
1 tsp sugar
1 T chopped cilantro
1 T chopped basil

Soak 20 skewers in a pan of
water for 30 minutes.

In a medium bowl, stir together
garlic and ginger. Transfer
half of the mixture to a large
bowl and stir in 2 tablespoons
oil. Add the shrimp, toss until
evenly coated, and then cover
and refrigerate for 30 minutes.
Cover remaining garlic-ginger
mixture and refrigerate.

Heat grill to hot; lightly oil
grates.

In a medium bowl toss plum
and green tomatoes with
remaining tablespoon oil;
season with salt and pepper.
Grill tomatoes, cut side up, until
skins are charred and flesh is
tender, 4 to 6 minutes for the
plum tomatoes, 8 to 10 minutes
for the green tomatoes (if the
green tomatoes are very hard,
this may take longer). Be careful
as you grill, as the juice from the
tomatoes and the oil on their
surface may cause flare-ups.



When tomatoes are cool enough
to handle, remove and discard
skins and seeds. Finely chop
flesh and add to bowl with
reserved garlic-ginger mixture.
Add lime juice, jalapeño, sugar,
cilantro, and basil.

Season shrimp with salt and
pepper. Thread shrimp,
lengthwise, onto
prepared skewers
(going through
tail and top of
shrimp), one
shrimp per
skewer. Grill
until shrimp
are opaque
throughout,
about 2
minutes per
side.

To serve, place skewered shrimp
on a platter with a bowl of the
relish.

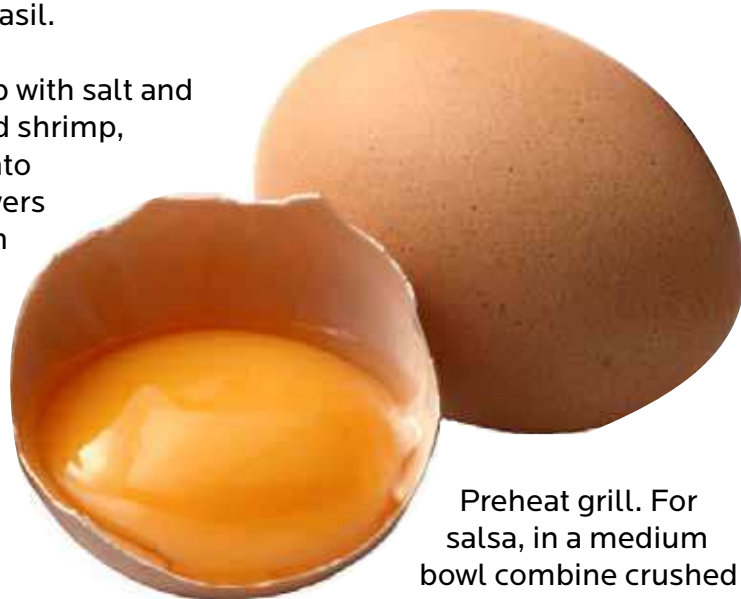
From: www.wholeliving.com

Chicken Burgers with Pineapple Salsa

Serves 4

1 8.25-ounce can crushed
pineapple, drained
1/2 cup chopped red or green
sweet pepper
1/2 cup sliced green onion
2 T snipped fresh cilantro or
parsley
2 cloves garlic, minced
1 jalapeño or Serrano pepper,
seeded and finely chopped
1 egg
1/4 cup fine dry bread crumbs
1 tsp dried basil, crushed

1/2 tsp ground sage
1/2 tsp seasoned salt
1/8 tsp pepper
1 pound uncooked ground
chicken or turkey



Preheat grill. For
salsa, in a medium
bowl combine crushed
pineapple, sweet pepper,
half of the green onion, the
cilantro or parsley, garlic, and
jalapeño or Serrano pepper.
Cover; chill until serving time.

In another medium bowl
combine the egg, breadcrumbs,
remaining onion, basil, sage,
seasoned salt, and pepper. Add
ground chicken or turkey; mix
well. Shape into four 3/4-inch-
thick patties. Grill patties on the
grill rack of an uncovered grill
directly over medium coals for
14 to 18 minutes or until juices
run clear and an instant-read
thermometer inserted in side of
burger registers 165 degrees F,
turning halfway through grilling.
Or, preheat broiler and broil
4 to 5 inches from heat on an
unheated rack of broiler pan for
10 to 12 minutes. Serve burgers
with salsa.

From: www.kitchendaily.com

Southern BBQ Pork Burgers

Serves 6

Slaw

1/3 cup light mayonnaise
3 T buttermilk, milk or sour cream
2 T snipped fresh chives
1 T cider vinegar
1/4 tsp each sugar, salt and freshly ground pepper
4 cups bagged coleslaw mix

Burgers

2 pounds ground pork
1/3 cup barbeque sauce
1 small onion, grated
1/2 tsp freshly ground pepper
1/4 tsp salt
6 hamburger buns with sesame seeds
Nonstick spray

Slaw: Whisk mayonnaise, buttermilk, chives, vinegar, sugar, salt and pepper in a bowl until blended. Add coleslaw; toss to coat. Refrigerate 1 hour, stirring a few times.

Burgers: Gently mix ingredients in a large bowl. Shape into six 1-inch thick burgers.

Heat outdoor grill. Toast buns on grill; remove to a platter. Cover loosely with foil to keep warm.

Coat burgers with non-stick spray. Grill, turning once, 10 to 12 minutes until an instant-read thermometer inserted from side to middle registers 160 degrees F. Place on buns; top with slaw. Serve remaining slaw on the side.

From: www.thekitchendaily.com



COOPERATIVELY OWNED

NEW LEAF *market*

4th Annual Farm Tour! October 15 & 16, 2011

Family friendly fun!

Come out on October 15 & 16 to meet the people who grow your food, and visit their farms!



We are now accepting locally owned, all-natural or organic farms for the 2011 tour. Participation is free! To sign up, please email Jean Crozier at Jean@newleafmarket.coop or call 850-942-2557 ext 229.

We're also accepting sponsors. If you are interested in becoming a sponsor of the Farm Tour, email Diane Bass at Diane@newleafmarket.coop or call 850-942-2557 ext 245.

PASS IT ON

By Cristin Burns, Marketing & Project Manager

Owners are the foundation of New Leaf Market. Back in the day, 200 college students and young families banded together to form the Leon County Food Co-op as a way to source affordable, healthy food. They invested their precious money—also known as owner equity—because they believed that the Co-op was a viable business model and worth supporting financially. Since then, the number of New Leaf Market owners has soared to over 10,000. Unfortunately, the number of new owners has drastically dropped off in the past year—by 25 percent.

Which is where you come in. We need your help to attract more owners. After all, it's people like you, loyal co-op shoppers, who are best positioned to explain the benefits of ownership. Why did you join the Co-op? Was it to support a locally owned businesses? To participate in the cooperative business model? The special sales? Whatever the reason, pass it on. Your passion is our best advertising.

In order to help you help us, we have created the Owner Referral system. Cards like the one here are located at the registers. Simply fill one (or many) out with your details and hand them off to your family, friends, co-workers, and neighbors. When they join the Co-op and present the card, you will be automatically entered to win a \$25 gift certificate. A winner will be pulled each month. So it's a win, win, win, win (well, you get the picture) situation.

Owner equity is used to repair equipment (you may remember the two days with no produce cooler), purchase new equipment (hello new produce compressor), and plan for the future. Your support of the Co-op is appreciated daily. We look forward to welcoming your loved ones to the world of co-op ownership.

Bring this card with you when you join NLM & your friend may win \$25!

For an investment of just \$100, you will receive:

- Special sales: Owner only sales every month
- Own a part of your community:
You're not just a member, you actually own a piece of the Co-op
- Equity refunds: When we make a profit, you make a profit
- Support locally-owned businesses

Equity Investments are always Fully refundable!

Referred by (existing NLM Owner): _____

Name: _____

Owner #: _____ Phone #: _____

Owner Referrals

Win \$25 by referring your friends

Step 1: Simply write your Name & Owner number in the spaces provided on the back of this card.

Step 2: Give this card to any non-owner who could benefit from NLM Owner perks!

Once your referral successfully completes an Owner contract, you will automatically be entered to win a \$25 NLM gift card. Drawings will be held monthly. Refer as many people as you'd like. Winners will be contacted via phone, and announced on Facebook & Twitter. [See back for more details](#)

ACCESS FOR AGING SHOPPERS

By New Leaf Market Board of Directors Demographics Committee

Last fall, the New Leaf Market Board created a committee to look at the demographics of the area served by the Co-op to further support the Ends Statement: "Tallahassee and surrounding communities have access to food and products from local, natural, organic, cooperative, and fair labor suppliers." The committee's goal was to learn more about the changing needs in our community. What is currently being provided and what needs will go unmet in the future?



In Leon County between 2000 and 2009, the largest percentage population increase occurred in the 55-64 age group—47.7 percent. According to The Pepper Institute on Aging and Public Policy, "improvements in health care services and technology, nutritional status, lifestyle, and other areas affecting our health, have contributed to an unprecedented growth in our older adult population." Americans over 65, the fastest growing segment of our population, will increase from 39.7 million in 2010 to 53.7 million in 2020.

As we turned our attention to this demographic we realized that there were confirmed transportation issues. More than 1 in 5 Americans over the age of 65 do not drive. Most of our elders outlive their decision to stop driving by more than a decade.

Here are some local transportation options/ services for older drivers and non-drivers.

- The Florida Commission for the Transportation Disadvantaged—provides door-to door transportation for, "health care, shopping, education, employment, social activities and other life sustaining activities." Call for eligibility information 1-800-983-2435, or contacting the Elder Helpline at 1-800-963-5337.
- Dial-A-Ride—services Leon County elderly and qualified individuals with a physician's documentation of disability. The service is provided within 3/4 mile of Star Metro's route and is wheelchair accessible. The fare is \$2.50.
- AARP 55 Alive Driver Safety Program—a two-day, eight-hour driving course offered by AARP for \$10. Completion may lower auto insurance premiums, call 1-888-227-7660.
- Coaching the Mature Driver—for more information, call 1-800-621-7619.
- The Department of Highway Safety and Motor Vehicles Driving Improvement Course—insurance premium discounts offered as a benefit for attending. For more information, call 1-850-617- 2000.

We need to support our citizens for as long as they are capable to drive, and to offer as many options as possible when they are no longer able to drive.

We appreciate your feedback as New Leaf Market progresses as a cooperative that is responsive to its owners and shoppers. Find us on Facebook, or you can leave your comments with us at the Board portion of our website or the in-store comment box for the New Leaf Market Board.

AAA

Keith McCulloch
14 months of AAA membership for the price of 12 with a new AAA membership.
2910 Kerry Forest Pkwy. Suite D1
Tallahassee, FL 32309
850.907.1031

A CRITTER GETTER

\$10 discount on yearly pest control (for new customers only).
1440 Ox Bottom Rd.
Tallahassee, FL 32312
850.668.0911

ANYTIME FITNESS TALLAHASSEE

50% OFF ACTIVATION AND ENROLLMENT to New Leaf Market owners (mention this ad). Receive 2 FREE Training Sessions (space limited).
3217 Apalachee Parkway
Tallahassee, FL 32311
850.671.2225

Cynthia Cowan, LMT - MA49191

\$10 off all massages with NLM card.
Relaxation, Deep Tissue, Pregnancy & Medical massage.
850.264.9145

DEBRA RAY'S PIANO & VOICE

Complimentary lesson with first month.
850.228.0412

FALCONEV.COM

Owners receive 5% off complete assembled electric bike / trike, kit & batteries, assembly and delivery included.
3111 Mahan Drive #20-150
Tallahassee, FL 32308
850-665-2383
sales@falconev.com
www.falconev.com

FERTILE CRESCENT REIKI CENTER

Susie Howell, M.S., Reiki Master
90 min. Reiki treatment for \$35.
First time only.
MLC-45 9601 Miccosukee Rd.
Tallahassee, FL 32309
850.877.0371

GOLD'S GYM

Ask for details at service desk.
1147 Apalachee Pkwy.
Tallahassee, FL 32301
850.942.9712

GOLDEN RULE CLEANING

Let us clean your church, house, apartment, office, or business the earth-friendly nontoxic way. 10% discount with your New Leaf Market card. Please call Julie for a free estimate.
850.237.1503

GOOD FRIENDS GROUP FITNESS

Family-friendly fitness, spinning, yoga & more 20% Any Year or Month-to-Month Membership plan 3 Free Classes to all first time guests. Kid-sitting offered.
1391 E. Lafayette St, The Parkway District
www.goodfriendsfitness.com
850-270-9791

HOT YOGA TALLAHASSEE

50% off first 5 or 10 Class Card Package.
Variation of Bikram/Hatha yoga practiced in a heated room. Beginners are encouraged to attend!
1238 Blountstown Highway (West Park Complex), Tallahassee, FL 32304
407.325.2042
www.HotYogaTallahassee.com

OWNER DEALS BUSINESS PARTNERS

New Leaf Owners receive a discount with the following partners.

INTEGRATIVE HEALTHCARE, INC.

Primary medical care, offering alternative services. 10% off cash paid services, in addition to the 20% off they usually offer for cash paid at time of visit. Some insurance restrictions apply. Discounts do not apply to lab fees.
2016 Delta Blvd. Suite 100.
Tallahassee, FL 32303
850.878.4434

KIRA MATTESON ROSEN, LMT

MA23718
10% off massage therapy for all new clients, the Trager Approach™ or the ionCleanse™ detoxifying footbath.
847 E. Park Ave.
Tallahassee, FL 32301
850.524.0787

KUMON MATH AND READING CENTER OF TALLAHASSEE

Half off registration.
(\$25 savings)
10% off first month's tuition.
311 Mahan Drive Suite 31
Tallahassee, FL 32308
850.219.6284

MAMA AND BABY LOVE L.L.C.

MA35223
Stephanie Brandt, L.M.T.,
\$10 off any massage appointment or private class. Massage therapy for women. Specializing in prenatal & postpartum.
850.350.0609
www.MamaAndBabyLove.com
info@mamaandbabylove.com

MAY I HAVE YOUR "TENSION"

PLEASE? - MA9054
Rick Garzaniti, L.M.T./Nice Guy
\$10 off first massage or Quantum Touch session for all new clients.
850.544.5994

NATURAL MATTERS

ORGANIC YARD CARE

Earth-friendly soil work. Return your piece of the planet to a thriving, sustainable ecosystem. Avoid synthetic chemicals, build healthy soil by providing nutrient support and cultivating beneficial micro-life. \$12.00 off first season treatment plan.
850.671.7270

PAMELA CHAMBERLYNN, M.S.W.

\$10 off of a one hour Intuitive Spiritual Consulting session.
850.329.6638
www.awakeningcpl.com
pamela@awakeningcpl.com

SPRINGER ACUPUNCTURE

Members receive \$10 off first acupuncture treatment or acupoint/medical massage.
Marti Springer, Acupuncture Physician #2515
850.566.4711
www.springeracupuncture.com

TALLAHASSEE ROCK GYM

50% off introductory "orientation course" for new climbers (regular price is \$6, NLM owners pay \$3).
629-F Industrial Drive
(Railroad Square) *Continued*

Tallahassee, FL 32310
850.224.7625

TALLAHASSEE THERAPEUTIC HEALING CENTER

Far infrared radiant heat therapy for accelerated healing.
10% off of any single therapy session or 15% off of 10 sessions. Some restrictions apply to federal workers comp, state vocational rehabilitation, and insurance cases.
1989 Capital Circle NE
Suite 9, Royal Oak Plaza
Tallahassee, FL 32308
850.391.2536
www.tthealingcenter.com

TALLAHASSEE YMCA

No joiner's fee for new members.
Parkway YMCA, 2001 Apalachee Pkwy.
Tallahassee, FL 32301
850.877.6151
Northwest YMCA, 3215 N. Monroe St.
Tallahassee, FL 32303
850.536.9622
SouthWood YMCA, 3196 Merchants Row Blvd. Suite 200
Tallahassee, FL 32311
850.701.0461

TINA'S CLEANING & ORGANIZING

Green Cleaning. Customized maid services. Thorough & deep house cleaning. Organize closets, kitchens & garages.
10% off first time
850.212.1223
www.HouseCleaningTallahassee.com

THE MEDICAL HEALING CENTER

Angela Myers, ARNP-C and Kay Dorian, ARNP-C
Primary Care & Women's Health
A holistic fundamental approach to healthcare
10% off - Some insurance restrictions apply. Discounts do not apply to lab fees.
225 Office Plaza
Tallahassee, FL 32301
850.309.1665

THE WILDERNESS WAY - WILDERNESS EXCURSIONS

10% off all products under \$50, \$5 off canoe and kayak rentals and nature-based tours and classes (first time NLM customers).
3152 Shadeville Rd,
Wakulla Station
850.877.7200

WHOLE HEALTH CHIROPRACTIC CLINIC

Peri Dwyer, DC. Free bottle of multivitamins at time of initial examination or X-rays. Does not apply to no-charge initial consultation.
2819-1 E. Mahan Dr.
Tallahassee, FL 32308
850.877.8980

YOGA UNLIMITED WITH LESLIE HANKS

10% off first set of group classes and the yoga cooking class.
Betton Hills
Tallahassee, FL 32312
850.385.6904

We ♥ our owners!



Shop on August 27 & 28 for our Owner Appreciation Weekend!

10% off • Giveaways

Free Samples • Owner Deals

All weekend long!

Our Co-op Principles:

1. Voluntary and Open Ownership
2. Democratic Owner Control
3. Owner Economic Participation
4. Autonomy and Independence
5. Education, Training and Info
6. Cooperation Among Cooperatives
7. Concern for Community



find us on
facebook!



follow us
on Twitter!



COOPERATIVELY OWNED
NEW LEAF *market*

1235 Apalachee Pkwy, Tallahassee, FL 32301 • 850.942.2557

IN THE *Parkway* DISTRICT

Visit our web site at www.newleafmarket.coop